



Public Health Week

April 4-8, 2011

***“Safety Is NO Accident –
Live Injury-Free”***

Maxwell Ohikhuare, M.D.
Health Officer

Public Health Week 2011

- Public Health improves the quality of life by reducing preventable diseases and deaths, and promoting community health.
- 2011 theme: “Safety Is NO Accident - Live Injury-Free”
- Everyone can promote safety and prevent injuries and violence.
- Harm reduction strategies include immunizations against flu and pertussis, and education about the health risks of obesity.
- Obesity is linked to high blood pressure, diabetes, coronary artery disease, stroke, and cancer.

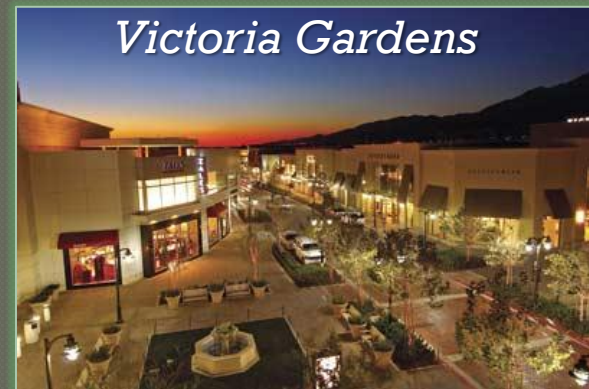
Prevention through Community Partnerships

- The Board of Supervisors started the Healthy Communities Program in 2006.
- 16 partner cities are creating environments that promote healthful lifestyle choices for residents by:
 - Including health-supporting policies in city General Plans
 - Promoting land use patterns that increase access to physical activity, safety, and healthy food
 - Incorporating public health goals into economic development and redevelopment planning (such as healthy food retail options)

Community Public Health Advocate

○ Mr. Randall Lewis, Executive Vice President Lewis Group of Companies

- Pioneer in creating the Healthy Communities initiative
- Collaborates with health officials and community leaders
- Advocate and spokesperson for county, region, state
“A Healthy Community is a successful business model!”
- Founded Randall Lewis Health Policy Fellowship program
- Designs, creates healthy communities
 - ❖ The Preserve at Chino
 - ❖ Shady Trails, Fontana
 - ❖ Victoria Gardens,
Rancho Cucamonga



Adelanto

- ◉ 2010 Healthy City Resolution
- ◉ California Project LEAN grant
 - Goal: “Joint Use Agreements” for sharing recreation facilities
- ◉ Community-run farmers market



Apple Valley

- ◉ 2009 Healthy Town Resolution
- ◉ Safe Routes to School
- ◉ Activities:
 - Walking Clubs
 - Healthy Eating and Active Living Workshops
 - Recreation Cycling Events
 - Healthy Cooking for Kids
 - Health Fair and Wellness Expo
 - Farmers Market
 - Policy and Trend Setting



Hesperia

◉ 2010 Healthy City Resolution

◉ Joint effort:

- City
- Recreation and Park District
- Schools



Victorville

- ◉ 2010 Healthy City Resolution
- ◉ Healthy Victorville Master Plan:
 - “Work, Eat, Play, Live Healthy”
- ◉ Employer Wellness Workshop
- ◉ Healthy Vending Policy



Fontana

● 2004 Healthy City Resolution

● Focus areas:

- Nutrition
- Active Living
- Smart Growth
- Community Partnerships

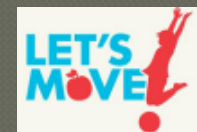


● Awards:

- California Fit Business Silver Awards
- League of California Cities Helen Putnam Award
- "100 Best Communities for Young People"
- "100 Best Places to Raise a Family"

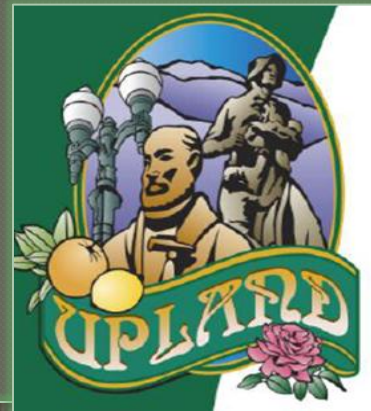
Rancho Cucamonga

- 2008 Healthy City Resolution
- “Healthy Mind, Body, Earth”
 - Lifelong learning & enrichment
 - Active & healthy living
 - Environmental sustainability
- General Plan update to include health policy component
- Awards:
 - Robert Wood Johnson Foundation grant
 - Featured on First Lady Obama's Let's Move website



Upland

- 2010 start-up
- General Plan update to include health policy component



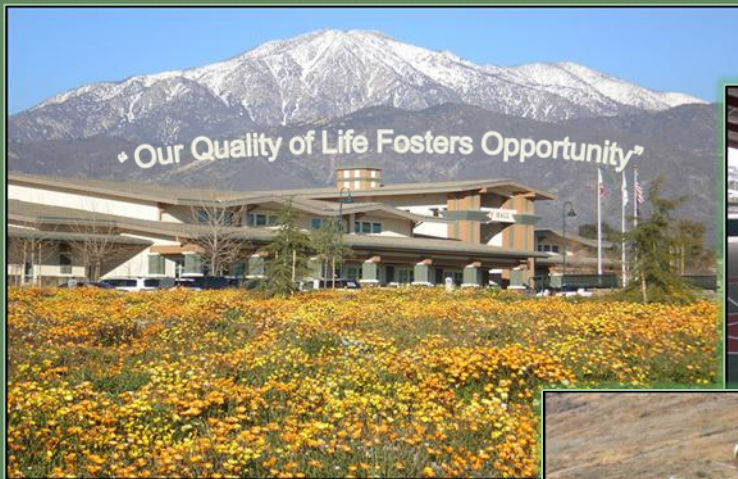
Redlands

- 2008 start-up
- Safe Routes to School
- Focus areas:
 - Safe Neighborhoods
 - Health, Fitness, & Education
 - Facilities, Parks, & Open Space



Yucaipa

● 2010 start-up



CITY OF



Chino

- ◉ 2004 Healthy City Resolution
- ◉ General Plan update to include health policy component
- ◉ Focus areas:
 - Fitness
 - Health & Human Services
 - Nutrition
 - Public Education
 - Safe & Walkable Neighborhoods
- ◉ Awards:
 - League of California Cities Helen Putnam Award
 - “100 Best Communities for Young People”
 - Cities Counties Schools Partnership Award



Chino Hills

- ◉ 2007 start-up
- ◉ Healthy Chino Hills Steering Committee
 - Promote Healthy Families
 - Address economic, environmental, social, physical issues
 - Keep city clean, vital, diverse, and safe
 - Community opportunity & participation



Montclair

- 2010 start-up
- Build on Montclair Community Collaborative – since 1996
- Health care and human services for residents



Ontario

- 2007 Healthy City Resolution
- Award winning General Plan update to include health policy component
- Focus areas:
 - Health Care Access
 - Education/Lifelong Learning
 - Prevention & Wellness
 - Safe Neighborhoods



Colton

- 2009 start-up

- Activities:

- Employee Fitness Challenges
- Santa Ana River Trail walking/biking clubs
- Annual ARMC 5K Walk/Run
- Safe Routes to School
- Nutrition Education



Rialto

- ◉ 2008 start-up

- ◉ Focus areas:

- Nutrition
- Fitness
 - Walking Fit Clubs
 - Employee Exercise Program
- Kids
- Seniors
- Earth



San Bernardino

● 2010 start-up

● Focus areas:

- Access to healthy food
- Safe streets and public spaces
- Healthcare, prevention & wellness
- Education and employment opportunities
- Collaborative leadership



Thank You

● For more information:



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